



Wise Owl Private School

SCHOOL ADMISSION

2024-2025

**"Nurturing Individuality, Inspiring Creativity,
and Critical Thinkers for a Bright Tomorrow"**

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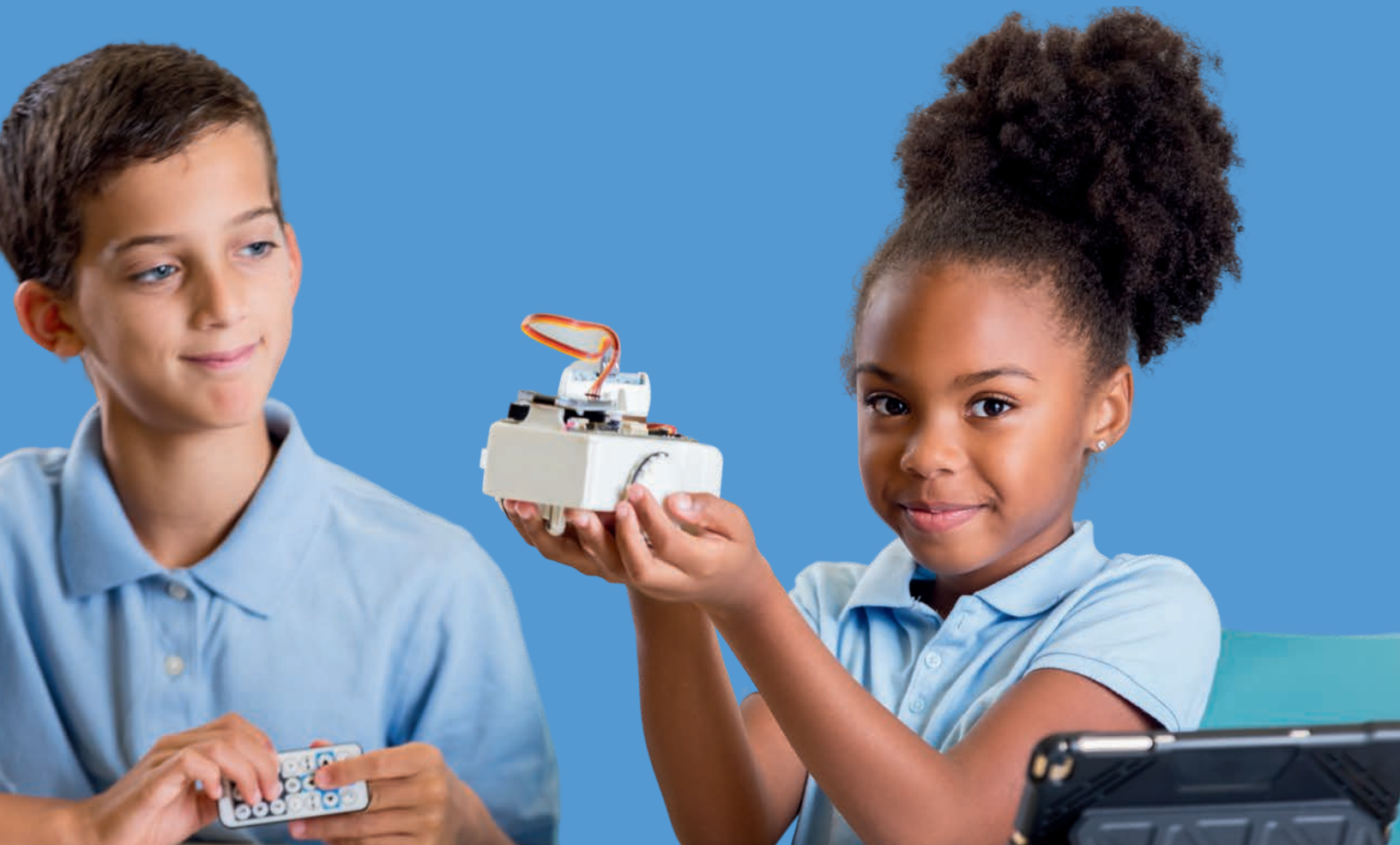
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**EXTRA-CURRICULAR
PROGRAM**



OUR GOALS, MISSION, VISION

"At Wise Owl, we're not just a school; we're a nest for unique minds, sparking creativity and strength. We empower young minds, fueling a love for learning, arts, and sports. We provide an environment where education becomes inspiration, and every student is geared to thrive!"



Principal's Welcome Message

Welcome to Wise Owl Private School, where our guiding motto is "Teach Your Children Well."

From Pre-K (age 3) to 12th grade, we offer meticulously crafted, well-rounded academic programs. Our curriculum is thoughtfully designed to elevate the student experience, providing abundant opportunities for honing creativity and exploring individual interests.

Dedicated to excellence, we are committed to furnishing an educational, secure, and enriching environment. Our mission is to challenge students towards academic prowess while cultivating a balanced, passionate, and open-minded approach. We aspire to shape critical thinkers who embody respect and responsibility, fostering global citizenship.

Join us on the journey of education that goes beyond, preparing students for a future of success and significance.

Natalia Galinskaya

Principal
Wise Owl Private School



Why Wise Owl?

Wise Owl is a multicultural school with bright and creative students, skilled, talented teachers.

Founded in 2001, Wise Owl fosters intellectual and social-emotional development and instill skills and knowledge in students, leading them to become balanced individuals, independent learners and global citizens in the near future

Our students, faculty, staff and parents represent various nations, bringing unique experiences and knowledge to add to our multicultural, welcoming and ambitious community.

The academic journey at Wise Owl begins in our preschool classrooms and travels throughout the school with high academic standards and motivated teachers whom instill the love of learning in their students.

We also value the importance of the Arts and Physical activities in student's learning journey. We encourage students to not only unleash their creativity by creating a caring, spirited environment designed to encourage self-expression and foster appreciation for the diversity of art in the world around us, but also to create a balance between their minds and bodies through fun, healthy physical activities.

Preschool & Kindergarten Program

Wise Owl's preschool and Kindergarten program cater to students aged 2.5 to 5 years old, recognizing that children thrive best in a state of play. We believe in fostering a mindset where children view themselves as problem solvers, communicators, and lifelong learners, shaping their identity and values.

Our Kindergarten curriculum is meticulously crafted to provide students with the opportunity to learn through play, navigate challenges, and explore their developing identities. The Junior Kindergarten math and science program emphasizes cognitive development through problem-solving, delving into the intricate connection between nature, science, and daily life.

In Junior Kindergarten, students cultivate skills in Number Sense, Measurement, Geometry, and Data Management, laying a strong foundation for their academic journey. Transitioning to Senior Kindergarten, students not only deepen their understanding of Junior Kindergarten topics but also venture into new educational frontiers, ensuring a seamless progression from Kindergarten to Elementary education.



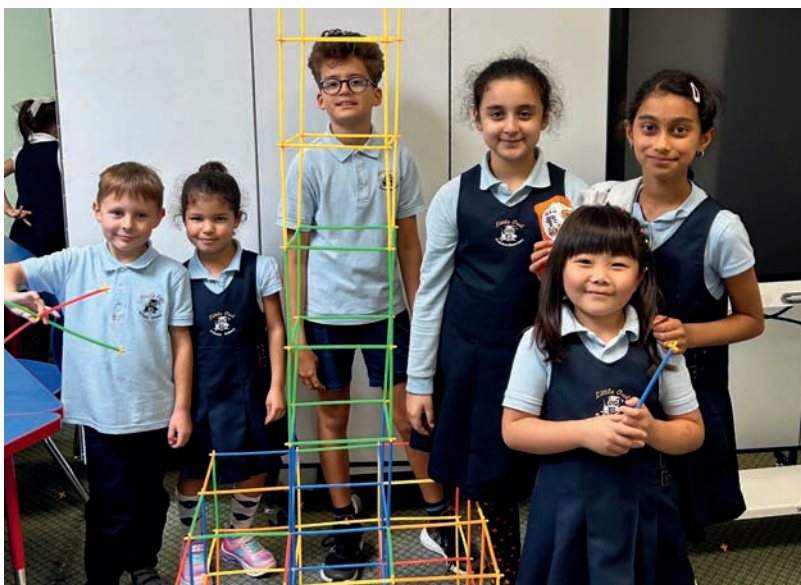
Elementary & Middle School

Our Elementary and Middle School curriculum is meticulously designed to instill crucial 21st-century skills, placing a strong emphasis on critical thinking, problem-solving, and collaboration.

Here, students are nurtured not just academically but as individuals, fostering independence and a global perspective.

Guided by high academic expectations and receiving dedicated support from our caring teachers, the student experience in our program is defined by a commitment to excellence. Integral to this holistic approach is our character education component, where values of integrity, humility, and empathy are instilled.

This focus on character development ensures that our students graduate as well-rounded individuals, poised to make positive contributions to the world.





Embark on a captivating journey with the French program at Wise Owl Private School, meticulously structured to pique students' curiosity about the world. Tailored to align with the seasons, holidays, and monthly events, our curriculum is thoughtfully designed to engage students' interests actively. The program is crafted with an emergent curriculum approach, strategically incorporating students' interests to enhance learning engagement.

C o r e F r e n c h P r o g r a m

Within this dynamic framework, thematic topics serve as a conduit for the delivery of essential content, including vocabulary, expressions, and grammar. The result is a French language program that not only imparts linguistic skills but also fosters a genuine passion for the language and an enriched understanding of the cultural nuances it encompasses.

THE ARTS

Along with other core subjects, the arts are an important part of the Wise Owl Private School curriculum and experience through fostering confidence and creativity of our students.

Students are provided with an opportunity to express themselves through various art forms, to hone their artistic skills and acquire all the developmental benefits that the quality arts program offers at Wise Owl Private School.

Visual Arts

At every level, our students are provided with the opportunity to create individual art pieces while developing divergent thinking and analytical thinking skills. They will explore the elements of arts and the principles of design, understand how the characteristics of various art works, basic colour terminology, and various artistic techniques.

Performing Arts

Wise Owl Private School students will continue their music journey with a more in depth look at various compositions by various composers and explore the forms, styles, and functions of music from a wide range of historical and sociocultural backgrounds. Students will have the opportunity to create, participate in and reflect upon music through their own musical background and those of others.

EXTRA CURRICULAR ACTIVITIES

At Wise Owl Private School, our commitment to holistic education extends beyond the traditional classroom setting. Our diverse array of extracurricular programs serves as an enriching supplement to students' academic journeys. Engage in the fascinating worlds of Math and Science, where hands-on exploration and discovery become the norm, fostering a love for these foundational subjects.

For those seeking academic support, our Homework Club provides a structured and supportive environment to reinforce classroom learning. Immerse yourself in the linguistic beauty of French through our specialized program, where language acquisition is both immersive and enjoyable. Develop strategic thinking and concentration with Chess Club, where every move is a step towards intellectual growth.

Unleash your creative expression in Art Club, a vibrant space where imagination knows no bounds. For those with a musical inclination, our Private Piano lessons offer a personalized and melodic journey into the world of music. Additionally, we provide Private Tutoring, tailoring support to individual needs, ensuring every student receives the attention required for their academic success. At Wise Owl, our extracurricular offerings are designed to inspire, challenge, and enrich the diverse talents and interests of our students.



FIELD TRIPS AND SPECIAL EVENTS

At Wise Owl, we believe that field trips and special events allow our children to gain knowledge through "hands-on" experience as well as complimenting the school curriculum, which encourages the children to apply what they have learned in class to the outside world.

Some field trips we had so far included apple picking at local farms, Ontario Science Centre, Casa Loma, movie theaters and so much more to come! We also had guest speakers, Halloween party, and special musical performances.



Wise Owl



Private School

**“ACHIEVING EXCELLENCE
TOGETHER”**

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WISE OWL PRIVATE SCHOOL
SECONDARY
2023-2024

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Our goals, mission and vision

Wise Owl Private School is dedicated to providing a safe and enriching environment that celebrates each student's uniqueness, fosters creativity, and guides them to become resilient, responsible, and respectful global citizens.

Our mission is to challenge students to excel academically while nurturing critical thinking, curiosity, and passion. We aim to prepare them to thrive not only in academics but also in arts and athletics, ensuring a holistic education that equips them for the world ahead.

Our core values include promoting critical thinking, open-mindedness, and a love for learning, all while instilling a sense of global citizenship and inclusivity. We believe in creating a balanced educational experience that values diversity and prepares students to make a positive impact in their communities and the world.

At Wise Owl Private School, we are committed to these principles, shaping students into well-rounded individuals ready to embrace the opportunities and challenges of the future.

Principal's Welcome Message

It is with great pleasure that I welcome you to our Wise Owl community.

At Wise Owl Private School, we are committed to providing a high-quality education that not only challenges your intellect but also nurtures your growth as responsible, global citizens. Our online program is designed to offer education in a flexible and dynamic virtual environment.

It is a place where curiosity is celebrated, where your unique talents and perspectives are valued.

As the principal, I want to assure you that our dedicated team of educators is here to guide and support you every step of the way.

We understand the unique challenges and opportunities that online learning presents and we are fully prepared to ensure that you receive great education and experience.

Our vision for Wise Owl Private School's High School Online Program is to empower you to become critical thinkers, open-minded individuals, and passionate learners.

We believe in fostering an inclusive and diverse community where every student feels valued and where you have the opportunity to explore your interests and excel in academics, arts, and athletics.

Throughout your time with us, you will be challenged, inspired, and encouraged to reach your full potential. Our mission is to prepare you not only for the academic rigors of high school but also to equip you with the skills and mindset needed to succeed in a rapidly changing world.

Once again, welcome to the Wise Owl Private School High School Online Program. Together, we will create an enriching and rewarding educational experience.

With warm regards,

Natalia Galinskaya

Principal
Wise Owl Private School

A photograph of three students in a classroom setting. In the foreground, a male student in a light blue polo shirt is smiling and focused on adjusting a small white robot with a camera lens and various sensors. He is using his hands to connect or adjust wires on the robot's top. To his left, another student in a dark blue sweater is partially visible, looking down at the robot. In the background, a female student with dark hair is blurred, looking towards the camera. The scene is brightly lit, suggesting a well-lit classroom or lab. The text 'Secondary School Courses & Descriptions' is overlaid in a large, bold, dark blue font in the center of the image.

Secondary School Courses & Descriptions



Grade 9 (MTH1W) & Grade 10 (MPM2D)

MTH1W - Grade 9 Applied Mathematics

Course Description

Grade 9 Applied Mathematics (MTH1W) is designed to build essential mathematical skills and concepts that are applicable to real-world situations.

This course focuses on practical problem-solving and mathematical reasoning.

Students will explore topics such as linear relations, algebraic expressions, proportional reasoning, and financial literacy.

The course emphasizes the application of mathematics in everyday contexts, preparing students for various aspects of life and future studies in applied math.

Pre-requisite

Successful completion of Grade 8 mathematics

MPM2D - Grade 10 Academic Mathematics

Course Description

Grade 10 Academic Mathematics (MPM2D) is a continuation of the Grade 9 Academic Mathematics course and provides a solid foundation for future math studies.

This course covers various mathematical concepts and skills, including linear relations, quadratic functions, trigonometry, and analytic geometry.

Students will develop problem-solving strategies and critical thinking skills, preparing them for more advanced mathematical studies in subsequent grades.

Pre-requisite

Successful completion of Grade 9 Academic Mathematics (MTH1W)



Grade 11 (MCR3U) & Grade 12 (MHF4U)

MCR3U - Grade 11 Functions (University Preparation)

Course Description

Grade 11 Functions (MCR3U) is a university preparation course meticulously designed to foster the development and consolidation of the algebraic skills and concepts essential for achieving success in university-level mathematics. This comprehensive course delves into various facets of algebra, functions, and relations, all while maintaining a central focus on nurturing critical thinking and honing problem-solving abilities.

MCR3U is dedicated to cultivating students' mathematical reasoning and problem-solving skills while establishing a robust foundation in functions and algebra. The primary objective of this course is to equip students with the vital mathematical tools necessary to excel in the rigors of university-level mathematics and to prepare them for future studies in fields such as science, engineering, economics, and more.

Pre-requisite

Successful completion of Grade 10 Academic Mathematics (MPM2D)

MHF4U - Grade 12 Advanced Functions (University Preparation)

Course Description

Grade 12 Advanced Functions (MHF4U) is a university preparation course that builds upon foundational mathematical knowledge from previous courses, delving into advanced concepts and functions, including polynomials, exponentials, logarithms, and trigonometry. This course prioritizes the development of critical thinking, problem-solving, and mathematical reasoning skills.

Students will explore complex functions and their practical applications across various disciplines, equipping them with valuable analytical tools for future studies in science, engineering, mathematics, and related fields. MHF4U offers a comprehensive understanding of advanced mathematical concepts while preparing students for the demands of university-level mathematics.

Pre-requisite

Successful completion of Grade 11 Functions (University Preparation)



Grade 9 (SNC1W) & Grade 10 (SNC2D)

SNC1W - Grade 9 Science (De-streamed)

Course Description

Grade 9 Science (SNC1W) is an engaging academic course designed to introduce students to the fundamentals of scientific inquiry. Through a blend of theoretical learning and hands-on experiments, students will delve into biology, chemistry, physics, and environmental science.

This comprehensive approach aims to foster scientific literacy, critical thinking, and problem-solving skills, laying the groundwork for more advanced science courses in subsequent grades.

This course strives to provide students with a robust foundation in scientific knowledge and skills while igniting a curiosity for the natural world and appreciation for the scientific method. Beyond preparing students for future science studies, Grade 9 Science equips them with essential scientific literacy, enhancing their understanding of the world around them and empowering them to engage with the complexities of our scientific universe.

Pre-requisite

Successful completion of Grade 8 science

SNC2D - Grade 10 Science

Course Description

Grade 10 Science (SNC2D) is an academic-level course designed to further students' understanding of the fundamental principles of science and scientific inquiry.

Building on the concepts introduced in Grade 9 Science, this course delves deeper into the realms of biology, chemistry, physics, and environmental science. SNC2D places a strong emphasis on critical thinking, problem-solving, and hands-on investigations, preparing students for advanced science studies and fostering scientific literacy.

Pre-requisite

Successful completion of Grade 9 Science (De-streamed - SNC1W)



Grade 11 (SCH3U / SBI3U / SPH3U)

SCH3U - Grade 11 Chemistry (University Preparation)

Course Description

SCH3U, Grade 11 Chemistry (University Preparation), is an in-depth exploration of chemical concepts and principles. This course covers topics such as atomic theory, chemical bonding, stoichiometry, and chemical reactions, allowing students to understand the behavior of matter at the molecular level. Through hands-on experiments and theoretical study, students develop critical thinking skills and gain a foundational understanding of chemistry.

Pre-requisite

Successful completion of Grade 10 science (SNC2D)

SBI3U - Grade 11 Biology (University Preparation)

Course Description

SBI3U, Grade 11 Biology (University Preparation), provides a comprehensive exploration of biological concepts and the diversity of life on Earth. Students delve into topics including cellular biology, genetics, evolution, and ecology. Through laboratory investigations and theoretical study, students develop an understanding of the intricate biological systems that underpin the living world and our place within it.

Pre-requisite

Successful completion of Grade 10 science (SNC2D)

SPH3U - Grade 11 Physics (University Preparation)

Course Description

SPH3U, Grade 11 Physics (University Preparation), is a rigorous exploration of the fundamental principles governing the physical world. This course covers topics such as motion, forces, energy, and waves, offering students a solid foundation in classical physics. Through hands-on experiments and mathematical analysis, students develop problem-solving skills and gain a deeper understanding of the laws that govern the behavior of the physical universe.

Pre-requisite

Successful completion of Grade 10 science (SNC2D)



SCH4U - Grade 12 Chemistry (University Preparation)

Course Description

SCH4U, Grade 12 Chemistry (University Preparation), is an advanced course that delves into the intricacies of chemical theory and laboratory practice. Students explore topics such as organic chemistry, chemical kinetics, equilibrium, and electrochemistry, gaining a deep understanding of the behavior of matter and chemical reactions at an advanced level.

Pre-requisite

Successful completion of Grade 11 Chemistry (University Preparation)

SBI4U - Grade 12 Biology (University Preparation)

Course Description

SBI4U, Grade 12 Biology (University Preparation), is an advanced course that offers a comprehensive examination of biological concepts, including genetics, evolution, diversity of life, and ecology. Through rigorous theoretical study and laboratory investigations, students develop a deep understanding of complex biological systems and their relevance to contemporary scientific research and applications.

Pre-requisite

Successful completion of Grade 11 Biology (University Preparation)

Grade 12 (SCH4U / SBI4U / SPH4U)

SPH4U - Grade 12 Physics (University Preparation)

Course Description

SPH4U, Grade 12 Physics (University Preparation), is an advanced course that delves into the principles of modern physics, including quantum mechanics, special relativity, and wave phenomena. Students engage in theoretical study and challenging experiments, fostering a deep understanding of the fundamental laws governing the behavior of matter and energy at an advanced level.

Pre-requisite

Successful completion of Grade 11 Physics (University Preparation)



CGC1D - Grade 9 Geography (Academic)

Course Description

CGC1D, Grade 9 Geography (Academic), introduces students to the fascinating world of geography, exploring the Earth's physical features, climates, ecosystems, and human interactions with the environment. Through the study of global issues, maps, and spatial patterns, students gain a foundational understanding of the interconnectedness of our world and the factors that shape it.

Grade 9 Geography (Academic) aims to develop students' geographical literacy and critical thinking skills. It encourages them to analyze spatial patterns, consider the impact of human actions on the environment, and appreciate the diverse cultures and regions of the world.

CGC1D prepares students to become informed global citizens who can contribute to addressing contemporary geographical challenges and opportunities.

Pre-requisite

None

Grade 9 (CGC1D) & Grade 10 CHC2D

CHC2D - Grade 10 History (Academic)

Course Description

CHC2D, Grade 10 History (Academic), is an engaging and comprehensive course that explores key themes and events in Canadian history from the late 19th century to the present day.

Through the examination of primary and secondary sources, students will gain insights into Canada's social, political, and economic development, as well as its role on the world stage. This course fosters critical thinking skills, historical analysis, and an understanding of the forces that have shaped Canada's identity and its place in the global community.

Pre-requisite

None



CHW3M - Grade 11 World History to the 16th Century

Course Description

CHW3M is an enriching and thought-provoking course that delves deep into the annals of human history, offering students a global perspective on the evolution of civilizations, cultures, and societies up to the 16th century. This course guides students through an exploration of significant historical events, geographical regions, and the interplay of diverse cultures that have shaped our world. Through the critical examination of both primary and secondary sources, students will uncover the complexities of early civilizations, trade routes, religious movements, political developments, and technological advancements that have laid the foundation for the modern era.

Grade 11 (CHW3M)

This course encourages students to think critically and analytically about the human experience throughout history. They will develop a keen understanding of the connections between past events and contemporary society, fostering an appreciation for the rich tapestry of global history. By the end of CHW3M, students will have honed their research, analytical, and communication skills, equipping them to navigate the complexities of historical narratives and engage thoughtfully with the world's diverse cultures and traditions. CHW3M not only provides a comprehensive understanding of the past but also prepares students for future historical studies and empowers them to become informed, empathetic global citizens who appreciate the significance of history in shaping our collective identity.



HSP3U - Introduction to Anthropology, Psychology and Sociology

Course Description

HSP3U, often known as Grade 11 Anthropology, Psychology, and Sociology, is a multifaceted course designed to introduce students to the fundamental concepts and methodologies of these social sciences. The curriculum is structured to foster critical thinking, research skills, and an understanding of human behavior within various social contexts. The course is divided into three main components: anthropology, psychology, and sociology, allowing students to explore the distinct perspectives and methodologies of each discipline.

In anthropology, students delve into the study of human societies and cultures, examining topics such as cultural diversity, cultural relativism, and the impact of globalization on indigenous communities. The psychology component explores the principles of human behavior and mental processes, covering areas such as cognition, emotion, motivation, and abnormal psychology. Students engage in discussions on psychological theories and research methodologies, applying them to real-life scenarios. The sociology segment focuses on the study of human societies, institutions, and social structures. Topics may include socialization, deviance, inequality, and the role of institutions like family and education in shaping social dynamics.

Grade 11 (HSP3U)

Throughout HSP3U, students are encouraged to think critically, analyze case studies, and conduct research projects. The course may involve interactive activities, group discussions, and presentations to enhance students' communication and collaboration skills. Additionally, students may explore contemporary issues and global perspectives, connecting theoretical concepts to real-world scenarios. HSP3U provides a foundation for understanding the complexities of human behavior and societal structures, preparing students for further studies in the social sciences and fostering a broader awareness of the world around them.



Course Description

The ESLBO, ESLCO, and ESLDO courses cater to English language learners at different proficiency levels, providing a structured pathway to English language proficiency and fluency.

ESLBO (English as a Second Language - Beginning) focuses on building foundational skills in listening, speaking, reading, and writing. This course is tailored for students who are at the early stages of acquiring English language proficiency. Through interactive lessons and practical language exercises, students develop basic communication skills, expand their vocabulary, and grasp essential grammar concepts.

ESLCO (English as a Second Language - Intermediate) is designed for students who have made progress in English language acquisition and are ready to enhance their language skills further. This course continues to develop listening, speaking, reading, and writing abilities with a focus on more complex language structures and academic communication.

Grade 9 - 12 (ESLBO, CO, DO)

ESLDO (English as a Second Language - Advanced) is for students who have achieved a higher level of English proficiency and are preparing for advanced academic or workplace contexts. This course refines communication skills, enhances critical thinking, and fosters advanced language proficiency through challenging academic tasks and real-world applications.

All three ESL courses aim to empower students to communicate effectively in English-speaking environments. They provide an inclusive and supportive learning environment where students of diverse language backgrounds can develop the language skills necessary for academic success and active participation in Canadian society. Additionally, these courses help students gain confidence and competence in English, enabling them to pursue their educational and career goals in English-speaking contexts.



Course Description

ENG4U, often known as Grade 12 University English, is a comprehensive and rigorous course designed to refine students' language proficiency, critical thinking abilities, and communication skills. The curriculum encompasses a broad range of literary genres, including novels, poetry, plays, and non-fiction works, offering students a rich and diverse exposure to literature.

Throughout the course, students delve into the complexities of literary analysis, exploring thematic elements, character development, and the various stylistic devices employed by authors. A key focus is placed on developing advanced writing skills, with an emphasis on crafting sophisticated essays that demonstrate a nuanced understanding of literature.

Students engage in discussions, debates, and presentations, honing their ability to articulate their thoughts effectively in both spoken and written forms. In addition to traditional literature, ENG4U often incorporates contemporary and multicultural texts, encouraging students to explore diverse voices and perspectives.

Grade 12 English (ENG4U)

The course is also structured to foster independent thinking and research skills, challenging students to conduct literary research projects and present their findings in a scholarly manner. Moreover, students may explore literary theory and examine the historical and cultural contexts that influence literary works. ENG4U often requires students to analyze texts through various lenses, such as feminist, postcolonial, or psychoanalytic, deepening their understanding of literature's broader societal implications. The course may also include creative writing components, allowing students to express themselves through original works and further develop their literary creativity. ENG4U aims to prepare students for the demands of post-secondary education and equip them with advanced communication skills applicable in diverse academic and professional settings.



Course Description

Integrated art courses typically aim to provide students with a comprehensive understanding of various art forms, techniques, and creative processes. These courses often explore different mediums, styles, and historical periods within the realm of visual and performing arts. They encourage students to express themselves creatively and develop critical thinking skills through artistic exploration.

1. Visual Arts: This may include drawing, painting, sculpture, printmaking, and graphic design. Students may learn about different artistic movements and create their own artwork using various materials and techniques.
2. Performing Arts: This can encompass theater, dance, music, and other forms of live performance. Students might participate in acting, dance choreography, music composition, or even stage design.

Grade 9 (ALC10) & Grade 10 (ALC20)

3. Art History: A study of the history of art, including famous artists, art movements, and the cultural and historical context of various art forms.
4. Creativity and Expression: Courses often encourage students to explore their own creative potential, experiment with new ideas, and express themselves through art.
5. Critique and Analysis: Students may learn how to analyze and critique art, both their own work and that of others, using artistic principles and critical thinking skills.
6. Portfolio Development: In some cases, integrated art courses may help students create a portfolio of their work, which can be useful for college applications or pursuing a career in the arts.



AMU30 - Grade 11 Music (Open)

Course Description

Grade 11 Music, often referred to as AMU30, is designed to deepen students' understanding of music theory, history, and performance, building upon the foundational knowledge acquired in Grade 9 and 10 music courses.

This comprehensive course encompasses a range of musical aspects, including advanced music theory covering topics like harmony and counterpoint, exploration of music history spanning various eras and composers, opportunities for composition in different musical forms and mediums, ongoing development of performance skills encompassing instrumental and vocal proficiency, enhancement of critical listening skills for the analysis of musical elements such as melody, harmony, rhythm, and form, incorporation of music technology with a focus on digital audio workstations (DAWs) for production and recording, and a cultural and ethnomusicological perspective to appreciate music's diverse role across different societies and cultures.

Grade 11 (AMU30) & Grade 12 (AMU4M)

AMU4M - Grade 12 Music University/College

Course Description

Grade 12 Music, typically identified as AMU4M, is an advanced course designed to further cultivate students' musical knowledge and skills, culminating their high school music education. This course delves into intricate musical concepts, offering an in-depth exploration of music theory, harmony, and composition, allowing students to create complex and original musical works. Additionally, it delves deeper into music history, exposing students to diverse musical genres and cultures, fostering a deeper appreciation for the art form. Performance skills continue to be refined, challenging students to attain a higher level of mastery in their chosen instruments or vocals, often culminating in public performances or recitals. Furthermore, students may engage with advanced listening and analysis of music, honing their ability to discern intricate musical elements. AMU4M may also encompass music technology, incorporating advanced digital audio workstations (DAWs) for composition and production. As a culmination of their music education, Grade 12 Music encourages students to develop a profound connection with music, fostering creativity, critical thinking, and a lifelong passion for the art form.



PPL10 (Grade 9 Physical Education, Open)

Course Description

PPL10, a Grade 9 physical education course, is designed to instill a culture of healthy, active living among students by introducing them to various facets of physical fitness, overall well-being, and sportsmanship.

With a primary goal of enhancing students' physical literacy, the course encompasses activities and exercises aimed at improving cardiovascular endurance, strength, flexibility, and agility.

It also delves into the principles of healthy living, encompassing discussions about nutrition, mental health, and the manifold advantages of an active lifestyle. Through participation in an array of sports and physical activities, encompassing both team-based and individual pursuits, students hone their skills while imbibing the values of sportsmanship. Safety and injury prevention are crucial components, equipping students with knowledge about safe practices in physical activities. Furthermore, PPL10 introduces students to the philosophy and overarching objectives of physical education, emphasizing its pivotal role in nurturing a lifelong commitment to a health-conscious lifestyle.

Grade 9 (PPL10) & Grade 10 (PPL20)

PPL20 (Grade 10 Physical Education, Open)

Course Description

PPL20, a Grade 10 physical education course, serves as a natural progression from Grade 9, reinforcing the significance of a health-conscious, active lifestyle while affording students opportunities for continued growth in physical fitness, skills, and knowledge across various physical activities. Building upon the foundation laid in the previous year, students focus on refining their physical fitness levels and often set personal fitness goals to guide their progress.

The curriculum extends to encompass crucial aspects of healthy living and lifestyle choices, delving into topics such as nutrition, substance abuse prevention, mental health, and the art of making informed life decisions. As students further explore sports and recreational activities, they develop proficiency and deepen their appreciation for the principles of fair play and teamwork. Some courses may incorporate fitness testing, aiding students in monitoring their advancements and establishing fitness objectives. Moreover, discussions on cultivating healthy relationships and effective communication underscore the course's holistic approach to overall well-being. Furthermore, PPL20 delves into the broader societal role of physical activity, examining its impact on individual health and community well-being, thus preparing students for a well-rounded understanding of healthy, active living.



PPL30 (Grade 11 Physical Education, Open)

Course Description

PPL30, a Grade 11 Healthy Active Living Education course, builds upon the foundational knowledge of healthy living and physical activity established in earlier grades. Its core objective is to deepen students' comprehension of healthy living principles while further enhancing their physical fitness, skills, and overall knowledge.

This comprehensive course empowers students to take an active role in managing their own well-being, fostering a sense of responsibility for their fitness and health. A primary focus is placed on physical fitness, encompassing activities such as strength training, cardiovascular exercises, flexibility, and endurance training, all geared towards improving and sustaining overall health. The curriculum delves into various facets of healthy living and wellness, including nutrition, mental health, stress management, and strategies for sustaining a balanced and health-conscious lifestyle.

Exposure to a diverse array of sports and physical activities, encompassing both traditional and non-traditional pursuits, not only hones students' skills but also cultivates sportsmanship and a profound appreciation for the richness of physical activities. PPL30 introduces students to the philosophy of physical education and its enduring role in promoting lifelong health and well-being. Additionally, some courses include components where students create personalized fitness plans, establish fitness objectives, and monitor their progress throughout the course. Beyond individual health, students may explore how physical activity and healthy living contribute to community well-being, with a potential emphasis on leadership skills in promoting active lifestyles.

Lastly, the course often addresses injury prevention, equipping students with strategies to mitigate injuries during physical activities, including the importance of proper warm-up and cool-down routines. This holistic approach to health, fitness, and wellness equips students with valuable knowledge and skills for a lifetime of active living.

Grade 11 (PPL30) & Grade 12 (PPL40)

PPL40 (Grade 12 Physical Education, Open)

Course Description

PPL40 is designed to provide students with an advanced and in-depth exploration of healthy living, physical fitness, and well-being. This course builds on the concepts and skills introduced in earlier grades and encourages students to take a more self-directed and reflective approach to managing their own health and fitness. PPL40 aims to prepare students for a lifetime of informed and active living.

PPL40 continues to emphasize physical fitness, but at a more advanced level. Students may engage in advanced fitness training, goal setting, and tracking their physical progress. This course also delves deeply into various aspects of healthy living, including nutrition, mental health, stress management, substance abuse prevention, and strategies for maintaining overall well-being.

PPL40 may explore the philosophical foundations of physical education and its role in fostering lifelong health and well-being. Building on previous courses, students create and refine personalized fitness plans, set advanced fitness goals, and engage in ongoing assessment and reflection. Students learn advanced strategies for injury prevention during physical activities and may study rehabilitation techniques for common sports-related injuries.

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